

LAMBDA

Laurentian University's Student Newspaper
Le journal étudiant de l'University Laurentienne
Volume 39 - Issue 16 / Numero 16

Some Days It's Just
Not Worth Chewing
Through Your Leather
Restraints!

- Emo Williams

LAMDAPUB@HOTMAIL.COM

Scratch n' Sniff this
circle for realalistic
barn yard smells.

lick this page... WE NOW TASTE LIKE CHICKEN!!!

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PULLING OUR FEATHERS OUT SINCE 1961

Laurentian Releases List of Honorary Doctorates to Be Handed Out in 2001

Once again, Laurentian University will award honorary doctorates to six distinguished citizens at its Spring and Fall Convocation Ceremonies in June and November 2001. The six honorees are:

Tony Bates, a respected worldwide leader in online learning and distance education. Dr. Tony Bates has worked in over 30 countries as a consultant and speaker. He has been involved internationally with universities, governments and academic institutions. This distinguished writer has published over 350 papers and five books. His most recent book, *Managing Technological Change: Strategies for University and College Leaders*, has received critical acclaim. Dr. Bates is

currently the Director, Distance Education and Technology, Continuing Studies, at the University of British Columbia and is a Research Associate with Contact North in Sudbury. Dr. Bates will be awarded an honorary Doctor of Letters.

Patrice Desbiens of Timmins, Ontario, a French-Canadian poet, songwriter and musician. Since publishing his first work of poetry in 1972, Patrice Desbiens has greatly contributed to a variety of publications and is considered by some experts as being the best poet in French Canada. Closely associated with Sudbury's *Prise de parole* and *Théâtre du Nouvel-Ontario*, Patrice Desbiens was presented the 1987 Prix du Nouvel-Ontario, awarded to a

Franco-Ontarian artist in recognition of his significant contributions in the area of literary creation. In 1996, he was presented the Prix Champlain by the Conseil de la vie française en Amérique. He was recently awarded grants from the Arts Council of Canada and the Conseil des Arts et des Lettres du Québec. Mr. Desbiens will be awarded an honorary Doctor of Letters.

Patrick LeSage, a graduate of Osgoode Hall Law School in the early 1960s. Chief Justice Patrick LeSage has ascended to one of the highest legal and judicial positions in the Province of Ontario. He was promoted Chief Justice of the Ontario Court in 1996. He has presided over some of Canada's most notorious

cases, notably the Paul Bernardo murder trial. During his 25 years on the bench, Chief Justice LeSage has lectured to judges, law students and societies. He is a current member of the Equality Committee and the Administration of Justice Committee of the Canadian Judicial Council, and is a past Director of the Canadian Judges Conference. Chief Justice LeSage has presided over courts throughout Northeastern Ontario as a Superior Court Judge. Chief Justice Patrick LeSage will be presented an honorary Doctor of Laws.

Genevra Richards. Ms. Genevra Richards is best known for her rich history of community work in Sudbury. Her extensive involvement at both the national and international

level at the YWCA opened the door to her interest in residence programs for women, such as homeless women, or those with psychiatric illnesses or victims of abuse. From 1957 until her retirement 25 years later, Ms. Richards held the position of Executive Director of the YWCA in Sudbury. Her work in providing secure housing for women in the Sudbury area resulted in the establishment of a permanent shelter for female victims of spousal abuse and their children. This home bears the name Geneva House in recognition of her contributions. Genevra Richards has also served as a field supervisor for both Laurentian University and Cambrian College field placement students in the early years of these post-secondary Social Work programs. She will be presented for an honorary Doctor of Laws.

Bernard Voyer, a world renowned explorer, has pushed the testing of physical and psychological endurance of skiers as well as their resistance to the cold. This ski and outdoor professional accomplished a world first in 1992 by crossing Ellesmere Island, the most northern piece of land on Earth. Mr. Voyer is also the first Canadian to ski to the magnetic pole and to cross Greenland. In 1994, he led an expedition via Siberia to the North Pole; in 1996, he skied to the South Pole without external assistance; and in 1997, he climbed the highest peak in the Americas, Mount Aconcagua (6,054 metres), in Argentina. In 1999, Bernard Voyer conquered Mount Everest (8,850 metres) in Nepal, the highest point in the world. Considered among the best contemporary climbers, he has reached 14 summits of more than 8,000 metres in altitude in the Himalayas, and is among the very few who have reached the three poles (North, South and Everest). Earlier this year, he was awarded the Gold Medal from the Royal Canadian Geographical Society in honour of his accomplishments. He will be awarded an honorary Doctor of Physical Education.

James Wallace, a Laurentian alumnus, is the President and owner of Pioneer Construction Inc. and of Northern Ski Company Ltd. He is also President and partner of Ethier Sand & Gravel Ltd. and the Chair of Alexander Centre Industries Ltd. Mr. Wallace has greatly contributed to the advancement of Laurentian University. A representative of Thorneloe University, Mr. Wallace was named to Laurentian's Board of Governors in 1985. He was Chair of Laurentian's Finance Committee, co-chaired the \$50 million fund raising campaign to build the J.-N. Desmarais Library, and was Chair of Laurentian's Board from 1994 until 1996. He was recently Campaign Chair of the Brenda Wallace Reading Room project, a major addition to the J.N. Desmarais Library on Laurentian's campus. In 1999, he was appointed by Premier Mike Harris to the Ontario Jobs and Investment Board. Mr. Wallace will be presented an honorary Doctor of Business Administration.

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Laurentian Professor's Research to be Highlighted in Upcoming CBS Movie

As part of her ongoing research, Dr. Bernadette Schell, Director of Laurentian University's School of Commerce and Administration, has studied various aspects related to the fields of personal management, stress management and human behaviour, including the question of stalking, harassment and murder in the workplace. Dr. Schell's expertise in this area did not go unnoticed as her research will be featured by the American television network CBS when it presents the movie "The Stalking of Laurie Show" on Friday, March 2, at 9 p.m.

"The Stalking of Laurie Show" features the shocking true story of Laurie Show, an innocent teenage girl who wishes to make new friends after moving to a quiet

suburb. Instead, she winds up caught in a twisted web of teenage jealousy hatred, and deception at the hands of a deeply disturbed and desperate individual.

In the production of this movie, CBS referred to Dr. Schell's book *Stalking, Harassment, and Murder in the Workplace: Protection and Prevention*, which was published last fall by Quorum Books, in Westport, Connecticut. This book, co-written with Nellie M. Lantaigne, provides a clear, objective, responsible, and readable analysis of the facts of stalking crimes against people in the workplace. It also offers a practical guide to protecting the organization against them.

In *Stalking, Harassment, and Murder in the Workplace: Protection*

and *Prevention*, Dr. Schell and Ms. Lantaigne want to assist in reducing the potential for workplace and personal tragedies. They not only make people aware of the "stalking cycle" and the stages commonly found in stalking incidents, but they give ways to prevent the cycle from escalating into disaster.

Their book is unique as it goes into detail about how stalking victims act and react and why they deny that stalking is happening to them, and it provides clinical insights into the ways stalkers think and behave, and why.

Stalking, Harassment, and Murder in the Workplace: Protection and Prevention can be purchased in Sudbury at the Laurentian University Bookstore.

Laurentian Commerce Students take Over Running Shoe Manufacturer

Laurentian University Commerce and Administration students were recently selected by the board of directors of a ten-year-old athletic shoe manufacturer to take charge of the company's rapidly expanding business. This new responsibility was granted to a select group of student managers taking part in the LU Commerce CMA Canada Business Strategy Game.

As part of this computer-simulated business challenge, some 90 core-year students of the Commerce and Administration program will be divided into 18 company

teams. These corporate teams will compete in a worldwide running shoe manufacturing industry. In this simulated global competition, the students will guide the company in its business strategy, and will make decisions in key sectors such as capital assets, marketing, finance, personnel, and operations.

During the one-week strategy exercise, which takes place from March 1 to 8, the participating Laurentian student managers will formulate ten yearly company decisions. They will research and manage the company's annual objectives,

competitors' strategies, as well as external factors such as world economic conditions, exchange and interest rates. The winning team will receive a \$1,000 cash prize sponsored by the Certified Management Accountants (CMA) of Canada.

Additional support for a final board meeting and a wine and cheese reception will be provided by School of Commerce and Administration alumni. The winning team will be declared at the board meeting, on Thursday, March 8, at 7 p.m., in Laurentian University's Governors' Lounge.

Expert Panel Report Falls Short of the Mark

The recommendation of the Minister of Health's Expert Panel, reported last week in the *Toronto Star*, to create three new medical campuses to respond to Northern and rural physician shortages, falls short of the mark of creating a complete new medical school in the North designed to meet these needs.

Laurentian University President, Dr. Jean Watters, says "we have already been successful in setting up residency programs in the North which are affiliated with existing Southern medical schools. Based on our accomplishments to date, we now need to move beyond satellite status and establish an independent Northern and rural medical school."

The report also recommends

increasing medical school enrolment by 160 positions, at least 60 of which would be dedicated to Northern and rural training. "These positions should be used to establish a Northern and rural medical school," adds Watters.

"This report is a step in the right direction," notes Ms. Maureen Lacroix, Vice-Chair of Laurentian's Board of Governors, "and we look forward to examining the report and understanding the implications. The North is looking for a free-standing northern rural medical school managed by Northerners and for Northerners. Any step in this direction is positive."

"A Northern Ontario Rural Medical School (NORMS) will be

extremely important for the people of North-Western Ontario," remarks Lakehead University president Dr. Fred Gilbert. "Lakehead University's team will continue to work hard to implement NORMS because we believe it offers the most realistic solution to the continuing challenges of physician recruitment and retention for this region of the province."

The task force, chaired by McMaster University president Dr. Peter George, was formed last February to advise the government on ways to ensure an adequate supply of doctors and other health professionals. It may cost up to \$190 million annually to implement the 30 recommendations contained in the report.

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News Briefs

Dr. Jean Watters Appointment

On February 15, 2001 Dr. Jean Watters was named to the Ontario Council of Regents for Colleges of Applied Arts and Technology. Dr. Jean Watters, President of Laurentian University, was recently appointed by the Lieutenant Governor of Ontario, to the Ontario Council of Regents for Colleges of Applied Arts and Technology.

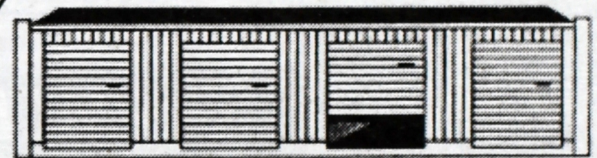
The Council of Regents, which consists of 13 members including the Chair, represents a broad spectrum of the province's population. They are normally appointed for two three-year terms. The Council of Regents is a provincial agency accountable to the Minister of Training, Colleges and Universities. Its responsibilities fall within four areas: providing policy advice to the Minister; appointment of college boards of governors and college governance issues; college system collective bargaining and human resource management; and other roles as assigned.

The Council of Regents is a source of independent advice to the Minister on the college system as a whole. It assists the Minister in the development of policy for the colleges in two ways - by initiating studies and by considering issues referred to it by the Minister.

"I am very proud to have been nominated to this provincial agency as it plays a key role in the area of education and training," said Dr. Jean Watters, Laurentian University President. "I believe that my past experience in the area of postsecondary education, both at the university and college level, and my close ties with the community, including the province's Franco-Ontarian population, should prove valuable. During my appointment, I will encourage closer collaboration between colleges and universities."

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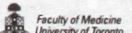
FACT Demand for applied health sciences professionals is growing.
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FACT Michener grads get jobs. 96% of graduates are employed within 3 months, and in their chosen fields.

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Lambda circulates 3,300 copies throughout the city of Sudbury and the Laurentian University Campus.

We thank the following for permitting us to circulate our paper at their establishments.

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LAMBDA PUBLICATIONS



Lambda Publications is the weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by the members of the Student's General Association, yet remains autonomous from all university organizations, both student and administrative.

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EDITOR'S CORNER

Don't Sing It, Bring It...

by Mat Thompson
Editor In Chief

I don't know what it is about the month of February, but it seems like all the crazies were let off their medication. Never before in my five years at this newspaper have I ever received so many outrageous letters to the editor. Some made no sense at all, some were just plain stupid and others were just cheap attempts by certain groups to attack Lambda out of sheer jealousy and retribution (I wonder who that could be).

Sure, the Space For Rant section is a little small for receiving so many letters, but for some reason these people who write the letters don't have the balls to actually put their names and student numbers on them. It's funny because these letters state that Lambda "must be retarded" and that "the editor must be as stupid as the paper" but they don't notice the box on the editorial page that states we cannot print letters without knowing who the writer is.

One letter in particular

caught my eye since it seemed to be directed at the paper, then it turned into a Mat-Thompson-Sucks rant. This is the letter that I cannot print not only because there was no real name on it but also because the letter, in its entirety, is actually very slanderous and actually could be considered a form of hate mail or harassment.

The letter starts out by pointing out how evil Lambda is and how we have "no morals or scruples" and our news reporting is "pathetic." They go on to complain that we attacked Valentine's Day and that we spelt 'Anti' wrong on the cover. I will admit that yes, we did spell anti wrong on the cover, but when we went back to fix it, the whole Lambda system crashed and we lost every piece of information we had saved along with that paper. We had to choose to go to press with the mistake or with no cover at all, so we bit the bullet and printed it.. Now five thousand dollars later we have new computers and we will never spell anything wrong again, especially ANTI!

The letter didn't bother me too much until the writer decided to

attack me on a personal level. They started to claim that everything that was wrong with the paper was my fault and that "Downunder belonged in a compost heap." Now you can trash me all you want, but no one messes with Pub Guy. Pub Guy is Laurentian and you my friend are just jealous that a cartoon is more popular than you.

The letter ended with the person stating that "maybe next year Lambda will be better when they get a new editor." Sorry to burst your bubble darling but I'm sticking around for another year. Come and voice your opinion at one of our meetings, and especially our elections in a few weeks, but no one will listen. Once you actually see what I have to do to get this paper out on a weekly basis you would never say a word again. I have come to near breakdowns on a weekly basis, but unlike others, I still produce a paper by the deadline.

The sad part about all these letters of complaint are that they probably come from people who could be contributing members of Lambda (except for the letter above). These people bitch and moan saying

that they could do a better job, but they never do. Come into the Lambda office and do my job for a few hours. Actually, why not come in at 9 am on a Tuesday and leave when I do at 4am the next morning only to get back to the office by 10am for another 6-8 hours of sheer hell.

The Space For Rant section is there for anyone to voice their opinion... informed or down-right ignorant. All I can say is if you have that big of a problem with Lambda, do something about it. It only seems to be the people who know nothing about running a weekly newspaper that complain. Don't insult me and especially don't insult my extremely hard working staff with your sheer ignorance of facts. Like I said in the beginning... don't sing it, bring it!!!

PS. We at Lambda agree that we run with no scruples or morals and that is why next week we will once again be printing the Corruption Quiz! We are extremely sick individuals and should be tied up and whipped. Hey... it'll get us 20 more points too!

SPACE FOR RANT ... Letters to the Editor

Dear Editor,

On January 31st, 2001, Laurentian University president, Dr. Watters, held an information session at the Pub Downunder, requesting input from Laurentian students, and focused on the following points. 1. Why did you choose to come to LU? 2. What do you like about LU? 3. What can we do to improve (services & programmes)? 4. Other

While the information session dealt with these four issues and concerns, a possible reason why this meeting was held was actually to find ways Laurentian University could improve itself with the end goal of having a medical school. At this information session, I raised the issue of having the different faculties / departments at Laurentian University begin and sponsor a Distinguished Speaker Series. Having distinguished speakers attend Laurentian, students would benefit by being exposed to (1) other leading researchers, and (2) areas of research outside Laurentian University, and by extension, northern Ontario.

Not to single out the Laurentian Association of Forensic Scientists, Dr. Fairgrieve will be speaking on Monday, 05 March, 2001, in the Fraser Auditorium. I understand that booking costs are associated with the Fraser Auditorium, however, costs should be covered by, in this instance, the anthropology department and not the "Laurentian Association of Forensic Scientists." By having a distinguished speaker series at Laurentian University, sponsored by the faculties and departments, not by student clubs / groups, the level of post-secondary education one receives at Laurentian University would be enhanced.

Sean Yake

Editor's Response: I vote/put forth to have the university/school bring in Gallagher. He could speak/talk/present distinguishingly about the pros and cons of Watermelons: Natures Atomic Bomb.

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Cover Design:
Natalie Dubniczky

Write to Us, But Remember...

All submissions become the property of Lambda Publications and thus will be subject to editing. Letters submitted must bear the author's full name and student number. Letters will not even be considered without this information, but names will be withheld upon request. Letters must be no longer than 250 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist or for length. Letters of a harassing or slanderous manner will be dealt with by the proper authorities.

Time To Bring Some Respectability To this Paper

I am in my second year at Laurentian University I have been leafing through the various Lambda issues during that time. The reason why I never actually read them is because there never appears to be anything worth reading after the first page or so.

What is going through your heads when you devote an ENTIRE page to the world of wrestling? That "sport" does not deserve to have more space than ANY sport played here at this school. We have our own amateur athletes competing and training hard everyday and they are not even casually mentioned. It appears those who cover sports for your paper prefer to sit on their asses and watch TV instead of actually going out and talking to these athletes and promoting the talent we have here in Sudbury. You should all be ashamed for giving priority to wrestling.

If this were a respectable newspaper, your music reviewer would have been canned long ago. I was interested in reading a review of the recently released Jonny Cash album awhile back and was absolutely disgusted to read that this joker could trash this album while admitting he had never even listened to all of it, and what he did listen to he skipped through! Once again what is going through your heads to even publish that?! It is obvious that you music reviewer spends far too much time worrying about his image rather than doing a proper job. You should be ashamed Mr. Thomson.

With all of the interesting people, professors and work going on at this school I just don't understand why there is so much crap in this paper.

The XFL, Temptation Island, Reality TV!!! Come what is this- the TV guide. Get your faces off the boob tube and start paying attention to what is going on in your city and your school!!!! You don't realize that you are wasting a valuable school resource and school funding on your own mini-review of pop culture!

I assume this letter will not be published because it probably hits a little close to home for some of you who do realize just how lazy you are being and that is fine I just hope that you all get a chance to read this at Lambda so maybe you will all think about what you are writing about before the next issue. For some of you it may be the first time you actually stop and think about what kind of crap is in this paper.

If you think my views are unfounded perhaps your opinion guy would like a shot at this, but only if he attempts to defend this paper in his column otherwise he is just wasting my time.

Gregory R. MacDonald

Editor's Response: Have you ever come up to Lambda and offered to help out? Probably not since you're such a busy guy. I would love to respond a lot longer than this but I have no time for you. It must be hard to sit in residence and criticize something you know nothing about. Unless you run a weekly newspaper, work two part time jobs, go to school, have a girlfriend and a social life then you are just wasting my time too!!!

Copy Deadline:
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Editorial and General Meetings:
Fridays @ 1:30pm

Opinion

Get in the Ring

by Bryson McCarthy
columnist

Every year at this time I run my Bryson For Prez campaign in Lambda trying to get students to stand up and take notice of the SGA elections. There are always a few supporters who stand up for their right to be insane and actually write BRYSON FOR PREZ on the ballot, but this year, the students won't even have a chance to be the anarchic fools that they dream of when they read my column. This year, there is no SGA Executive election.

"Why the f**k not?" you may ask waking up from the beer-soaked sleep you have been in since last months OE bender. Well, since only one person ran for the positions of SGA President and VP Services, they get acclaimed and you have no choice but to have them rule your Students General Association.

Now, I'm not saying that these individuals will do a bad job as our new estrogen-overloaded SGA, but why are they being forced on us without any choice by the students? Is the SGA trying to screw the students out of their right to choose their next leader? Maybe, but what the hell happened to all the students out there that could have run? The SGA has over 3000 students registered and every one of them can run for the position of president. How is that only one person out of three thousand is interested in being the president. Hell, UC has at least three chronics running for president and about fif-

teen other corrupt individuals trying to take the VP, treasury and other positions, but when it comes to the SGA only one girl has the testicular fortitude to come forward as our leader? I find this a little f**ked up as SGA president seems a little more impressive on a resume than president of the hardest-drinking residence this in Canada.

I am not saying that becoming the SGA president will get you fame and fortune later in life. Actually, it could do the opposite. I have it on good authority that one of the Sudbury Transit drivers is a former SGA president. so why is it that no one want to be president? You get a cool office, nice salary, some pretty good power and a really great computer with the fastest ICQ in all Sudbury. Ever notice the smile Stickboy always has on his face? That's because he knows he has it good. Listen closely and you can hear the words 'It's good to be the king' quietly leaking out the corners of his smile (except when he is in the Pub, then it's 'Hello Nurse!').

So where does the blame lay in this problem. Is it that we as a student population are either too lazy or apathetic to care if the right person gets in as our SGA president. Or is the problem that even if we don't run, we should be able to vote on if that one person that wants to be president does get the position? For once I have to take the middle ground... no wait. I blame both sides. Some one should



have stepped up and challenged for the presidency of the SGA just to give the students a chance to vote for or against the person they like or hate. We, as a campus, are just plain lazy. And why does this one person get to benefit from our laziness? The presidential hopeful should have to campaign and still receive a majority of yes votes to become president. Forget this acclaimed crap. Lambda editors have to be voted in every year even if no one is running against them.

Why am I so pissed off about this? For the first time I don't get to hand in my spoiled ballot with cartoon characters, pizza sauce, tobacco stains and those beautiful words BRYSON FOR PREZ written across some hopeful losers name. I want an election! I want to chose my SGA president! I want to be on Survivor just so I can sneak to the other tribe's camp and piss in their rice when they're sleeping! Will any of this happen? Not this year. There is no election, only one person is running for president, and Jeff will win the million on Survivor. Pop culture my ass!

Just Get in the Ring. I don't care who you are. Some one Get in the Ring.... I need to kick some ass!!!

Urban Purpose

by Sylvia Marasco
contributor

In order to understand the importance of prevention, we must create a spot for it. What I mean is, today we are so confident with modern science/technology that we completely overlook the basics that are essential in everyday health. Our society as a whole is quite accustomed to the concept that one needs to take better care of oneself, only when one is inconvenienced with sickness. It is at this point that we literally give ourselves either to a professional and/or some sort of external patented aid that might only suppress symptoms rather than get to the bottom of the health issue at hand. Why is this concept not questioned? Why do we wait for our bodies to scream loud deafening bellows, before we decide to listen? Why is our response to the cries a need to silence them? Is it not due to a cultural assumption we all make; sickness is something that sporadically happens, it is to be feared and it must be eradicated at all costs.

One example as to how we view illness can be seen with the common cold. We assume a cold is something we "catch." It is precisely this assumption that automatically renders us helpless towards prevention and dependant on external aids. What if instead we were to ask ourselves how we may have contributed to the lowering of our immune system to bugs that are always present? Why do we believe that cold bugs are the chameleon-like enemy creatures that randomly chooses their victims? Also, why do we assume that taking something to get rid of that stuffy

nose, cough and fever is the way to help ourselves? What if our bodies (unless extremely severe) need to experience these symptoms to get rid of the bug? What if suppressing these symptoms encourages the body to suppress sickness, allowing it to manifest at a different time and in a more severe form? Science tells us that we do not have a cure for the cold because there are too many forms of it. So instead of waiting for others to name, shape, define and eradicate the common cold, why don't we turn to prevention?

We need then, to view sickness differently. We need to interpret symptoms as language we must decipher and listen to as soon as it develops. With this new concept we must make the assumption that it is possible, on some level, to forbid the development of serious illness by simply being aware and giving the body what it needs on a daily basis. We must turn to the preventative professional when we are healthy, for information and guidance as to how to keep ourselves running properly, rather than bringing our smashed up, nutrient depleted bodies of neglect to Doctor Mechanic expecting him/her to miraculously fix and create a new body with run-down toxic-laden non-functional parts.

Do you think I am exaggerating when I suggest that we choose to nourish our bodies with toxins everyday? Most of us consume enormous amounts of herbicides, pesticides (non certified organic fruits and vegetables) hormones, antibiotics, tumor infested meats (that's another article), liver compromising

caffeinated beverages sweetened with pancreas damaging refined sugar. Let's not forget that sandwich on white or partially white bread that may have been bleached, why not drink Javex? What about the snack one needs to get through the day, that handful of candy that is, in reality, a sweetened wick-less candle containing varnish, colour, wax, sugar etc. Add onto this list all of the additives, preservatives and saturated fats in foods that allow it to have a long shelf life, while disguising the yucky taste with enormous amounts of salt, MSG, and artificial flavours. Do you really expect your body to break down 'foods' that have manufactured ingredients in them to defeat this purpose?

In a day and age where we extol the idea of reason, self and independence, it makes one wonder why this philosophy is so easily discarded when it comes to informing and taking care of oneself. While conventional medicine is excellent at helping those that are extremely sick, the point is to try to avoid getting there: This means educating ourselves and assessing our diet and lifestyle. In other words, if we keep insisting that not feeling well is something that just happens, or is something in the air, we automatically lose the power of helping ourselves and choose to donate that empowerment to someone or something else. This makes us dependent on external assistance that may be more preoccupied with your financial well-being rather than your physical, mental and spiritual well-being.

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Laurentian University: Forward Into The Future

"The report of my death was an exaggeration." Thus spoke Mark Twain and so speak we as Vice-Presidents, Academic, on behalf of Laurentian University.

Over the course of the last few weeks, rumours have been circulating about the challenges facing Laurentian University. Based on these rumours, some have even assumed that Laurentian will be closing. Nothing could be further from the truth. Laurentian is a dynamic, vital, and ever developing post-secondary institution with plenty of life left in its limbs and a heart that eagerly anticipates facing the challenges that all post-secondary institutions, here and elsewhere, will be required to confront over the next few years. At this moment in its history, Laurentian is undergoing a process of what I will call "creative introspection."

Like all institutions that seek to constantly improve their services and respond to perceived needs, Laurentian is looking carefully within itself to see how a good institution can become better and provide high quality education to people from within its catchment area and beyond. The President's task force, established on January 18, 2001, with representation from major stakeholders within the institution, is designed to engage in this introspective process and to prepare a report for the Board of Governors within a few months that charts future directions for Laurentian University. All of us involved in this process eagerly accept the challenge and are working diligently and with good spirit to accomplish this task.

Laurentian University is blessed with excellent professors, dedicated to their tasks as well as a significant number of scholars with international reputations. In addition, Laurentian strives to offer programs that are both refreshingly novel and of high quality. It has recently concluded a ground breaking collaborative Nursing program with several community colleges in the North, an agreement that is the envy of many other post-secondary institutions in the province. It offers several programs that are innovative and/or unique in the province and country such as Sports Administration, Forensic Biology, Labour Studies, Arts d'expression, and most recently, Sports Psychology, the only such program in Canada. Recently Laurentian appointed a scientist to our Chair in Cancer Research. And only a few weeks ago, we signed an unprecedented agreement with Georgian College, an agreement which allows students from the Barrie and Simcoe county region to participate in university study at home and earn a Laurentian University degree. Laurentian, along with eight other institutions, is also a founding member of a shareholder in the Canadian Virtual University. These few brief examples, from many that we could have cited, of what Laurentian is doing, are signs of continuing life and vitality, not death. Laurentian and its entire workforce is pleased to play a central part on the economic, social, and cultural life of Northeastern Ontario. Laurentian plans to be here for a long time and to continue providing a high quality educational experience that is second to none.

Dr. Douglas Parker

Vice-President, Academic (Anglophone Affairs) Laurentian University

Dr. André Roberge

Vice-President, Academic (Francophone Affairs) Laurentian University

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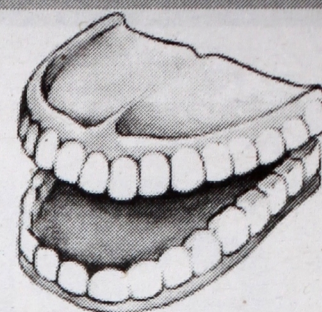


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Career Collumn

What's a Resume Worth?

Paddy Blenkinsop
Counselling and Resource Centre

In the Spring, or even late Winter, a student's fancy turns less to love and more to finding a job, either a job after graduation or a job for the summer. As often as not that triggers thoughts of the resume. But what is the resume worth? How important is it in the process of finding that vital job?

Go to your own experience, or ask your friends; how have you found jobs in the past? Talking to people who come to see me, I hear that they find jobs through personal contacts, either people they know already (family members are useful, aren't they?) or people to whom they have been directed. I also know two people who sent out about a thousand resumes and got almost no response. I have just learned that that is called the "spaghetti on the wall" approach. Studies suggest that fewer than 15% of jobs are found by means of the resume.

This is not to say that the resume is of no use; it is just not a good way of finding a job. The resume is an excellent way of focusing your thinking about yourself, your "self-assessment". It is also a great calling card, a way of reminding people to whom you have spoken about yourself and your salient characteristics, so that, if and when that job opens up, the employer has something to remind him or her of you and of the great things you have to offer.

Obviously, if an advertisement asks for resumes, you send one, but make that personal contact too. If, however, you are starting from scratch (and don't forget that the vast majority of jobs are never advertised), then scratch people first. Talk to family, friends, acquaintances, people who work in places where you would like to get a job. In short, network.

Next week: more about the resume.

Workshop Schedule L 338. 3rd. floor. Parker Building

	Tues. 1-1:45pm	Wed. 1:30-2:15pm
MARCH	6 (français) 20 (Français)	14th (English) 28th (English)

Workshops are limited to ten people. Please register at the Counselling and Resource Centre, Room L210, 2nd floor, Parker Building (673-6506) (Down the corridor past the bookstore).

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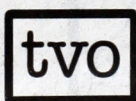
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Planet Disney?

The Globalization of Culture.

Paula Todd is live at the Munk Centre for International Studies at the University of Toronto for *Studio 2's* third program in its "Going Global: Canada's Place in the World" special series. Is Canadian culture threatened by globalization? Does globalized culture mean American culture? Watch the debate on TVO. And log on and participate at www.goingglobal.tv "Going Global: Canada's Place in the World" Wednesday 28 February at 8 pm.



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Body Bonus

Sick of Exercising? Sicker If You Don't

by Joseph Hartman
contributor

If there was a miracle cure for 17 diseases, would you take it? Of course you would, without even a moment's hesitation that pill would be down your throat. Well guess what, that cure is a reality and it's called exercise. A recent study published in the Journal of Applied Physiology by Biologist Frank Booth has linked inactivity to over 17 diseases. Booth has claimed that this is evidence of a modern plague.

Statistically speaking, since 1950 the number of people dying from heart disease has increased by 37 percent, people developing Type 2 diabetes has increased 600 percent. More and more people are complaining of backaches, headaches, and obesity. Increasingly high numbers have high blood pressure and osteoporosis. There is a common contributor to all of these maladies. People are simply not getting enough exercise.

To Booth, our sedentary way of life has become one of our greatest health hazards. Inactivity is responsible for about 250,000 deaths each year in the United States. That is more deaths than are caused by alcohol, firearms, illicit drugs, and motor vehicle accidents combined. Only smoking, which kills 400,000 people a year, causes more preventable deaths each year.

Many of us have always known the benefits of exercise. Now there is scientific proof that inactivity will make you sick. Exercise isn't something extra that people do to lose a few pounds, or to look better. It is something that is as essential to good health as clean air, pure water, and nutritious food.

Our lifestyles have drastically changed over the last 100 years. The introduction of machinery has eased the burden of physical labor, cars have eliminated the need to walk anywhere, and television and computers have kept us glued to the couch. The industrial revolution has made our lives much easier, unfortunately it has led to a sedentary lifestyle for a large portion of the population.

It is estimated that only about 22 percent of adults engage in any kind of leisure time physical activity. Of those, only about 15 percent perform vigorous exercise such as running, on a regular basis.

Obviously, something must be done. It is recommended that you get at least 30 minutes of exercise on a daily basis. Exercise should become a part of everyone's daily routine and not simply an extra task done every so often. Not only will you begin looking and feeling better, but you will be investing in your future.

Thorneloe Presents

The Skin of Our Teeth

Thornton Wilder Pulitzer Prize winning comedy will be presented on the Thorneloe theatre stage from March 16-24 at 8pm (except the 19th). tickets for this wonderfully wacky comedy are available at Black Cat Too on Durham Street, the university bookstore and the Thorneloe office. Prices are \$10.00 General Admission and \$5.00 student and senior. Advance reservations may be made at 673-1730. There will be special L.U. Campus Nights on both the 20th and the 21st at 8pm where special Pay-at-the-Door prices are only a Toonie!

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Arts & Entertainment

Your Lambda Horoscope

PISCES (Feb. 19-March 20):

It's high time someone in your life recognizes you for the person you are! A friend needs your help now but is too embarrassed to ask for it. Ask if everything is ok to whom is close to you if things are alright.

ARIES (March 21-April 19):

A close friend might be asking for your advice but probably won't want to hear the truth. You find it particularly easy to move from one side of an issue to another, which is something that you'll be doing all week. Don't worry about it too much; it shouldn't be that hard.

TAURUS (April 20-May 20):

Someone close to you is trying to tell you something; have you been listening? Probably not. Be a good friend right now. You'll be treated the exact same way when you need the favour returned, so be wise. There is nothing wrong with casual flirting.

GEMINI (May 21-June 20):

Consider this the time to say what's on your mind, whatever it might be! People are really listening this time so take this opportunity. Let your mind and your eyes wander, and size up what's out there. Don't bore yourself if you don't have to.

CANCER (June 21-July 22):

Other people do not deserve your anger, they were not responsible for the sudden change, you're completely to blame for this one! Get out of the slump ASAP. The time has arrived, act on impulse and splurge on something fun, interesting and entertaining.

LEO (July 23-Aug. 22):

Restraint and caution are all well and good, but it's important to know when to let loose! Don't get so caught up in your own plans that you ignore what's directly in front of you. Arguments with friends or loved ones may annoy you, but it's your fault, do something about it.

VIRGO (Aug. 23-Sept. 22):

Others would happily agree with everything you say, if you ever stopped talking. You'll get a lot of things done in the next few days if only you'd surround yourself with the right people. You're going to run into a problem, so don't say I didn't warn you.

LIBRA (Sept. 23-Oct. 22):

Believe it or not, but solutions are right around the corner, and the details will work themselves out later. Your input is welcome among those who have the capacity to understand it. Find those people and stick with them for a while.

SCORPIO (Oct. 23-Nov. 21):

Try to be a little less critical in your judgement of others, it might get you a new friend. Beware of indulging your ego right now, you don't need to explode. Remain in the company of close friends and family, they are able to give you the best advice.

SAGITTARIUS (Nov. 22-Dec. 21):

You deeply appreciate the people around you and what they mean to you, so tell them because it's about time! A slight change of style causes people to pay special attention to you, try not to feel too weird. Things will be normal soon as they get used to it.

CAPRICORN (Dec. 22-Jan. 19):

Keep your ideas and feelings to yourself, you should know well by now that you'll be lucky if anybody listens the first 100 times you say anything. Above all, things aren't as they seem, but I think you knew that. A good friend will help you sort out your thoughts.

AQUARIUS (Jan. 20-Feb. 18):

Compromise is vital, especially in relationships. It's time to do something to fix what's broken, but only you can do that. Though you're not inclined to move an inch, remember that a power struggle won't help anything right now. Find something that will make you smile.

Rock vs. Austin...Again?

Hugh Panelas
Staff Writer

Why oh why do we as wrestling fans have to look towards the Rock and Austin to entertain us at this year's WrestleMania? Has it ever occurred to the people sitting atop of the WWF Towers in Connecticut that we don't want to ever see the two of them in the ring against each other again?

Who can ever forget how these two seemed to fight each other for what seemed every week and every Pay-Per-View during their Intercontinental Championship days? I, for one, was sick and tired of seeing them wrestle each other then and now during a time where I get so freaking bored listening and watching the two of them spit out lines and moves that they did forever ago, it all makes me sick. In my honest opinion, the main event of WrestleMania will change and HHH and Austin will be the headliners.

Speaking of those two, did you all get a chance to see the best 2-out-of-3-falls match at No Way Out? If not, you missed one hell of a match. Considering the fact that Austin's neck is still bothering him and HHH's back is still pretty messed up, they put on one hell of a show. They were all bloodied up and I would say my personal favorite moment of the match was when the camera zoomed in on Hunter prematurely and we all got to see him slice his own forehead open with a blade and then he tucked it back into his tights. That's right, for all of you people that think that the WWF uses blood capsules for their crimson red you are all wrong. Any superstar that gets busted open

is generally done at their own will. Each wrestler will carry a small blade in their tights and after sustaining a blow that will make them bleed, they take the blade out and slash their foreheads. The cut will bleed badly even if it is small and it will also heal without a trace.

The rest of Now Way Out was nothing more than a bunch of predicted the winners. Everything that you would figure would happen did. There were a few highlights though. The match of the night had to be Stephanie vs. Trish. I know you all may think that I have gone crazy but the two of them stole the show. It was quite obvious that the two have been training hard as they tore each other apart for about 15 minutes. I have to give credit to the Rock as well. Everyone in the world expected him to win the title but he finally gave some up for a change. It took not only the People's Eyebrow to beat Kurt Angle but it also took THREE Rock Bottoms. Hats off to the Rock for giving a little instead of taking it.

What the hell was with Vince on RAW this past week? Now everyone knows not to cross the boss. Trish made the mistake of attacking poor Stephanie on Smackdown and she paid dearly for it. Nothing like the public humiliation of a woman to boost your program's ratings.

To conclude this week I felt it would be interesting to bring back some memories of some classic Tag Team Finishing Maneuvers.

Hart Attack (Hart Foundation) - Who

can ever forget Jim Neidhart hoisting up the opponent while Bret Hart hit the ropes and nailed the unlucky person with a vicious clothesline?

The Doomsday Device (Legion of Doom) - When they were in their prime, Hawk and Animal cut through the best with the flying clothesline off of Animal's shoulders.

Spike Piledriver (Brainbusters) - Tully Blanchard and Arn Anderson used to cripple their opponents with this personal favorite.

Suplex and Splash from the top rope (Power and Glory) - Who can forget Hercules' superplex followed up by Paul Roma's flying body splash? It was poetry in motion.

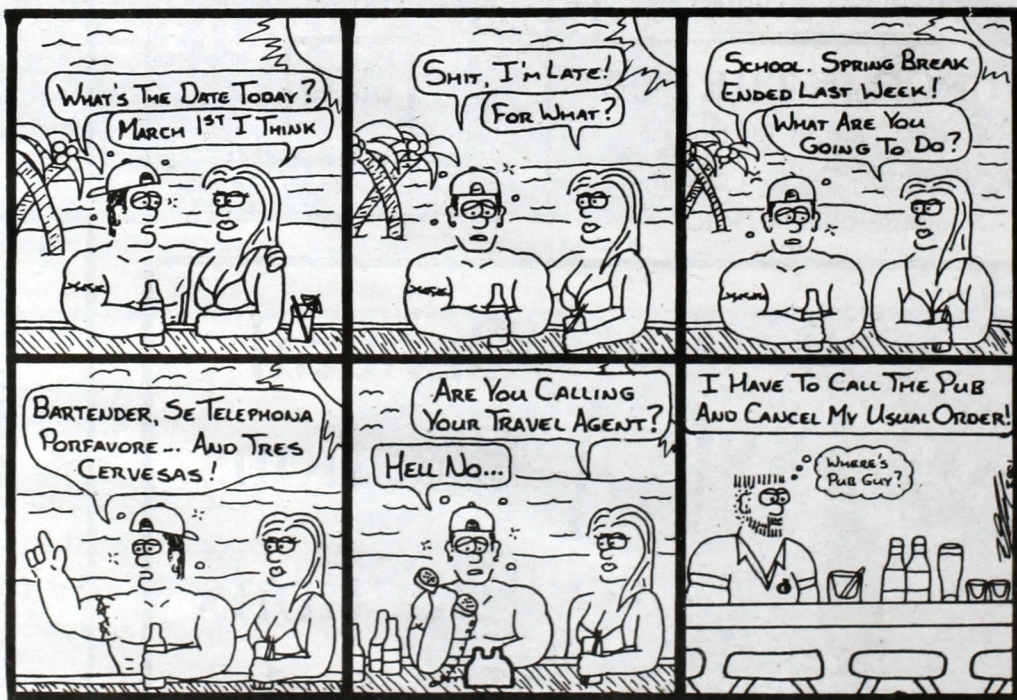
Dudley Death Drop (Dudley Boys) - This finisher has the ability to knock the opponent out. Plus as an added bonus there are many different variations of the move and it can be executed at anytime from any position.

Double Fist from the top rope (Rockers) - Marty Janety and Shawn Michaels executed great timing and technique as both would soar through the air and pound down on the opponent with a double fist.

Sternum Breaker followed by the Big Splash (Natural Disasters) - Anytime that an opponent has almost one tonne of humanity crush him into the mat, you know it has to be mentioned. Earthquake would crush the chest and Typhoon would drive the remaining air out with the splash.

DOWNUNDER

by Mat Thompson



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Every now and again, I enjoy venturing, going if you will, to my local cineplex where I enjoy viewing a movie as well as harassing fat children. I then proceed to review said movie in a little sumptin' sumptin' I like to call

L.M.L.M.

(or the Ladies Man Loves Movies)

Ok so needless to say I have been on hiatus longer than some of Laurentian's varsity teams but unlike those teams I'm actually back. I've got a perfectly good explanation for the break however, and it's a little something I like to call the "Christmas Crap" theory. You see from early November to about late January, it seems that the movie-going public is bombarded by purely formulaic film-making, some strictly paint-by-numbers shit. I mean if given the option of viewing "Miss Congeniality" or sticking my head in a blast furnace, I'd be a little hard pressed to make a decision. Or maybe not...

But come this time of year something kooky happens. Namely, a glut of quality movies comes out just trying to generate an iota of Oscar buzz. This week I've gotta discuss the one I was most eagerly anticipating, "SNATCH".

I've gotta say right off the bat that it was a bit of a tough sell trying to get movie date to see this movie with me....sample dialogue:

L.M.: Hey what are you doing tomorrow? I was wondering if you wanted to see "SNATCH" with me...

Her: Excuse me?

L.M.: You know..."SNATCH"? It

looks like a lot of fun.

Her: I says pardon?

L.M.: Come on! I want to go soon, "SNATCH" opened everywhere a couple of weeks ago and I may not be able to see it if this keeps up...

So after getting stitched up I rounded up some of my more easily persuaded male friends and we were off.

Now I friggin' hate movie reviewers that give away plot so I'll keep it short. The story centers around a stolen diamond that continually switches hands among various shady characters. Sounds simple enough but the whole thing moves at such a breakneck speed, staying with the story is the real challenge.

First and foremost I have to give credit where credit is due, Guy Ritchie is one hell of a director. His first film "Lock, Stock, and Two Smoking Barrels" gave us a glimpse at what he has to offer and this film continues in a similar manner improving in several aspects. Some of the angles and camerawork used are nearly revolutionary and help accentuate the mood of a given scene (see Brad Pitt's final fight to see what I mean). Ritchie also has this uncanny ability to take the most obscure actor and seemingly wring an outstanding

and memorable performance out of him/her. And oh yeah, he's banging Madonna who may have sang Like A Prayer (garbage) but still has got it going on for a cougar.

One performance that has to be singled out is Bradd Pitt's as the Gypsy Boxer Mickey "One Punch". Now I've enjoyed a lot of things that Pitt has done ("Seven", "Fight Club" Jaennifer Aniston etc.) but this role may be his best yet. He'll be out of the running for an Oscar faster than the ugly girl for homecoming queen because of this film's violent nature (ask Tarantino about this). This is truly unfortunate as Pitt steals every scene without making a God Damn lick of sense. Screw awards though, if Hollywood would just take the hint and made more movies like this, it wouldn't be spewing the crap it is right now...

Anyone can feel free to agree with me, disagree (even though you'll be wrong), correct me (wrong again), or opinion me at lm15@hotmail.com. I'll make you famous (well at least by Laurentian's piddly standards).

Until next week Laurentian, don't form an opinion on movies...that's my f\$%&!n' job!!!

Next Week: Hannibal...psst Sir Hopkins...the tastiest part is the rump....

Poetry Corner

by Matt Kent
Staff Writer

Hey people, this was supposed to be run the week prior to reading week but of course, No Lambda! So here it is. Both Steve and I would like to dedicate these poems to our girlfriends. The first is mine, the second, his.

I kneel before you, hands at my sides, awaiting the
fall of your sword
a minute passes, two, five.....
Slowly the blade falls to the ground.
I stand to face you, I throw down my armour,
I stand before you, chastised,
Yet you do not strike me.
These things which drive me, they fill me with a
burning unmatched by anything on our fair earth.
I bend and shape my words, like sword smiths of
japan, so many centuries past.
They take shape, coherent, yet puzzling.
I make no effort to decipher, for my words are my
thoughts,
my thoughts are emotion, my emotions un-ques-
tioned.
You are more than you seem,
Let no one change how you see the world.
The flame of emotion lies dormant inside you.
I reach out with my words, they touch you, fill you
with thoughts.
The wick bursts into brilliant flame.
It glows within you, behind your eyes, among your
thoughts.

We shred the darkness and free our minds, to unite as
one, to see life as it truly is, forever

..... by me

Tears of Reason

I catch the tears as they roll down your cheeks,
Catch them one by one and contemplate,
Each tear is an ocean, which must be replaced,
As I take you in my arms, I can only hope to rejuvenate.
Don't cry for me, my love,
For in spirit you are never without me,
But if you must, let it be for joy,
Because sorrow has no place inside you,
Only lovely thoughts should pass through your being.
If tears over a life time do indeed amount to an ocean,
Then I will swim that sea,
Dive to it's depths to find its keys,
Immerse myself in its waters,
Soak up every tear and fear there might be.
In the end happiness will be overwhelming,
In every single waking way,
Rolling hills and landscapes will be painted,
A paradise will be created,
My love, every desire will become reality.
And I, Will take each tear,
As it rolls down your cheek,
Capture it within my grasp,
Replace heartache with delight,
And kiss you till a brighter sun rises again.

by Steve Kraus

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AN IMPORTANT MESSAGE FOR LAURENTIAN TEACHING ASSISTANTS

A group of Laurentian Teaching Assistants – graduate and undergraduate – has begun meeting for the purpose of forming a union for all TAs here.

To assist them, they have contacted the Canadian Union of Public Employees (CUPE), the union that represents TAs all across Canada.

Why a union for Laurentian TAs?

Laurentian TAs lag far behind other unionized TAs in salaries, job security, benefits, and academic supports. The Committee is particularly worried about the fact that we have no protection from tuition increases.

This despite the large and increasing volume of teaching performed by this part of the university's teaching staff.

We intend to change that.

To do so we need your help. At least 40% of all of us must sign a card indicating our interest in a union before the Ontario Labour Relations Board will conduct a certification vote.

If you would like to sign a card or want further information, you can contact the Graduate Students Association here at Laurentian, or Derek Blackadder at 416-292-3999, 1-800-362-0974, or at dblackadder@cupe.ca.

